



*Presents*

## **Linda Davis**

**Owner**

**Tri-Reflections, Sedona, AZ**

### ***“Tools for Personal Power: Utilizing Natural Response to Relax, Refresh, Re-energize and Rejuvenate”***



#### **Another Tool in the Working Woman's Tool Kit Brown Bag Series**

**Date: Monday, November 1, 2004**

**Time: 11:30 a.m. – 12:30 p.m.**

**Williamsburg Room, Bldg. E-2**

**Bring your lunch and start relaxing NOW!**

Are you stressed? No energy? No time? Scads of tasks to tackle at home, at work, and in the community? When do you have time for yourself? Research suggests a correlation between stress and illness. Add self-talk (frustration, guilt, self-depreciation, and shame to that combo.

Books and experts encourage us to create a magical, elusive tonic for ourselves to work smarter, not harder. As Theodore Roosevelt said, what is simply required is to do the best we can, with what we have, where we are. Simple, huh? But not at all how most of us live our lives!

Linda Davis has discovered a simple trick that takes just five minutes a day to recognize, reawaken, and utilize a natural response to quickly rejuvenate, re-energize, relax and refresh. Please join Linda to discuss, learn, and exchange ideas and experience for yourself just how quick and easy relaxation can be.

Linda, a resident of Sedona, Arizona, and a consultant for the Management Education Center at WFF, has over 30 years of experience in clinical therapies including creative, family, health, marital, pain, stress, and transitional issues. She believes in and specializes in the development of the human potential, which allows each of us to acknowledge, expand, and utilize more fully the possibilities available to each of us.

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To reserve your space, call Sharone Corbin at x.2502 or Terry Ewell at x.1133. Walk-ins welcome, but doors will be locked at 11:45 a.m.